



HKASA REGIONAL SWIMMING TRAINING SQUAD

香港業餘游泳總會地區青年游泳訓練組

Squad Member Application & Nomination Form 地區訓練運動員申請及提名表格

New Application 新申請 Renewal / 續期 Registration No. 註冊編號:

Personal Information 個人資料

Name in block letters (surname first) 英文姓名：請以正楷填寫 (先寫姓氏)

Name in Chinese 中文姓名：

Sex 性別：

Age 年齡：

Date of birth 出生日期：

HKID Card / Passport no. 香港身份證 / 護照號碼：

D 日

M 月

Y 年

Contact Tel no. 聯絡電話號碼：

Club 屬會：

Selection of Region 地區選擇 *(Please circle which is appropriate 請圈上所選擇項目)

*Hong Kong Island 香港 / Kowloon 九龍 / New Territories 新界 / Tseung Kwan O 將軍澳

In case of any emergence, please contact 如有任何緊急事情，請代通知：

Name in English：

中文姓名：

Tel no. 電話號碼：

Relationship 關係：

Remark: The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organizing parties. For correction of or access to personal data after submission of this form, please contact our staff.

備註：所提供的資料只供本會作紀錄及比賽呈報之用。如欲更改或查詢申報的個人資料，可與本會職員聯絡。

Declaration 責任聲明

I, _____ (Applicant's full name), am physically fit without any physical defect, and suitable to participate in the above activity / training. Organizer and Co-organizer shall not be liable for my injury that may suffer from this activity / training. I have completely understood and agreed to abide by rules & regulations of Regional Squad Athlete Menu, HKASA and FINA.

本人(申請人姓名)_____的健康及體能良好並適宜參與上述訓練課程。若因健康及體能欠佳而引致受傷，主辦及協辦機構則無需負任何責任。本人清楚明白並願意遵守有關上述活動/訓練課程之運動員守則、泳總及國際泳聯規則。

Applicant's Signature (Signed by Parent if Age under 18)
申請者簽署(18歲以下人仕由父母簽署)

Name (Signature Person) in Block Letter
簽署人姓名(請用正楷填寫)

Date
日期

* ASA Club's Authorized Signature & Club Chop:

* 屬會授權人簽署並蓋章: _____

*Only previously provided "Authorized Signature"(s) & "Club Chop" will be accepted.

*本會祇接受已提交之屬會資料表中的簽名樣本及會印式樣。

HKASA REGIONAL SWIMMING TRAINING SQUAD
Nominee's Past Record Sheet

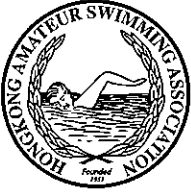
NAME: _____ **SEX:** _____

NOMINATING CLUB: _____

**Only results of LONG COURSE events and ASA's sanctioned events will be accepted
 **All results should be submitted with supporting document*

EVENT	TIME	NAME OF MEET	DATE OF MEET	REMARKS
	: :			
	: :			
	: :			
	: :			
	: :			

Authorized Signature with Club Chop _____
Date



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

HKASA REGIONAL SWIMMING TRAINING SQUAD 香港業餘游泳總會地區青年游泳訓練組 **REGIONAL SQUAD MEMBER ENTRY REQUIREMENT,** **PROCEDURE & GENERAL RULES AND REGULATIONS** 地區游泳訓練組運動員參加資格、程序及一般守則

Basic Requirements / 基本資格：

1. Registered members of HKASA (SW Discipline).
香港業餘游泳總會分齡游泳組的註冊會員。
2. Aged between 11-16.
年齡介乎十一歲至十六歲。
3. Fulfill the General Residency Requirement of HKASA.
合乎香港業餘游泳總會一般性居留條件。
4. Must be healthy and physically fit to participate in training activities.
健康及體能良好並適宜參與訓練。
5. Have actively taken part in HKASA's swimming competitions.
積極參與香港業餘游泳總會舉辦的游泳比賽。
6. Should maintain good attitude and discipline.
有良好的態度、品行、操守。
7. Have taken part in HKASA's sanctioned swimming competitions and achieved the required admission time.
參加香港業餘游泳總會舉辦或認可的游泳比賽，並達到入伍認可時間。

Admission / 入隊要求：

1. Able to meet the Division I qualifying time in TWO events or elite swimmers as recommended by Head Coach of HKASA.
於兩個項目符合第一組達標時間或經由香港業餘游泳總會總教練推薦之精英運動員。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

Trial Period / 試訓期：

1. Athletes satisfied with basic and admission requirements will be given a three-month trial period.

符合基本資格及入隊要求之運動員將會給予三個月試訓期。

2. Within the trial period, athletes will be assessed by respective Regional Squad Coach based on the following criteria:

於試訓期間，所屬地區訓練組教練將根據以下準則對運動員作出甄選：

● Swimming Performance (游泳表現)	30%	} 100%
● Attendance Rate (出席率)	40%	
● Athletes' training attitude and Coach Comment (運動員訓練態度及教練評語)	30%	

Passing Mark (合格分): 60 (Marks/分)

3. Athletes who fail to pass the assessment during the trial period will not be accepted to the Squad.

未能於試訓期之評核試合格的運動員將不獲取錄。

Assessment / 評核試：

All squad members must pass the requirements of assessment in order to continue.

Content of assessment are listed below:

所有隊員必須通過評核試方能繼續參與。評核試內容如下：

1. Should reach AG LC Championships qualifying standard in their main stroke for 2 events AND Division I qualifying standard for 200m Individual Medley & 400m Freestyle.

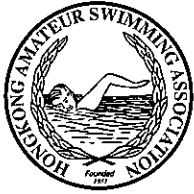
於其主泳式的兩個項目符合長池分齡錦標賽達標時間及第一組二百公尺個人四式和四百公尺捷泳達標時間。

2. All squad members are required to participate in assessment held half a year by HKASA.

隊員需參與每半年一次由香港業餘游泳總會舉辦之評核試。

3. Assessment will be held after AG LC Championships and AG SC Championships respectively.

評核試將於分別於每年長池分齡錦標賽及短池分齡錦標賽後舉行。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

4. Should reach the following time in swimming twelve 100m Individual Medley during the assessment:

在評核試中，於以下指定時間內成功游畢來回一百公尺個人四式十二次：

Age / 年齡	Qualifying Time (Boys) 男子組達標時間	Qualifying Time (Girls) 女子組達標時間
11-12	1:45.00	1:45.00
13-14	1:35.00	1:40.00
15 & Over	1:30.00	1:35.00

5. Training attitude and coaches' comment.
運動員訓練態度及教練評語。

Entry Procedure / 報名程序：

1. Regional Squad is open for Club's nomination all year round.
地區游泳訓練組全年均接受屬會提名。
2. Complete the Regional Squad Member Application & Nomination Form.
填妥地區訓練運動員申請及提名表格。
3. Club representative should send the following items to HKASA office either by mail or in person:
屬會需以郵寄方式或親身遞交以下資料到香港業餘游泳總會辦事處：
 - Completed application & nomination form
填妥的申請及提名表格。
 - Athletes Record Sheet with supporting official results copy
運動員比賽紀錄表連同有關比賽之成績副本。
4. Successful applicant should receive a written notification and training schedule from HKASA through respective club.
香港業餘游泳總會將給予合資格運動員所屬的屬會有關的取錄通知書及訓練時間表。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

5. Pay training fee of \$100 per month to respective Regional Squad Coach during the first lesson of each month. Fees paid will not be refunded.

於每月首課繳交訓練費一百元正予所屬地區訓練組負責教練。所繳費用一經接納，概不發還。

General Rules & Regulations / 一般守則：

1. Should have at least 70% attendance per month.

每月出席率必須達到七成或以上。

2. Must submit the Leave Application Form to Squad Coach at least 1 days in advance for temporarily leave for whatever reasons. In case of emergency, Leave Application Form should be handed to Squad Coach within 2 days.

隊員如因任何理由，不能上課，請於最少 1 日前遞交請假書予地區訓練組負責教練。如因特殊情況不能出席，必須在事後 2 日內補交請假書予地區訓練組負責教練。

3. Members could only take maximum 6 months study leave for public exam e.g. HKCEE & HKAL with prior approval from HKASA.

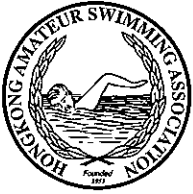
隊員若因公開考試例如：中學會考及高級程度會考，而暫停參與地區訓練為期最多 6 個月，並須得到香港業餘游泳總會預先批准。

4. HKASA reserved rights to penalize any absence of members without any acknowledgment.

隊員無故缺席，香港業餘游泳總會有權作出適當的處分。

5. Appointed Coach has the right to conduct scheduled or unscheduled evaluation on each member. If the performance of a member is consistently unsatisfactory, HKASA reserves the right to expel that member from the team and releases the vacancy for other eligible athletes. New application for re-entry is required.

授權教練有權定期或不定期評估隊員程度，如隊員長期表現未如理想，香港業餘游泳總會有權隨時要求隊員退出，將有關資源讓給其他合資格者。如要歸隊訓練，必須重新申請。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

6. No club transfer is allowed during the period of Regional Squad training and shall leave Squad for 6 months after club transferal taken place and new application by new club after suspension period is required.

於參與地區游泳訓練組期內不得轉會，運動員須於轉會生效後停止訓練六個月，之後必須由新屬會重新提名。

7. With at least 3-month consecutive 70% attendance for counting points in Annual Club Assessment and no points will be given to new club after the transferal for two years according to the athletes' transfer rule.

運動員最少連續三個月達到七成或以上出席率，其屬會方能在該年度的全年屬會評分中取得有關分數。另根據運動員轉會條例，在轉會後兩年內，有關得分將不計算在新屬會的全年屬會評分中。

8. A Health Declaration Form should be submitted to Squad Coach after outside training and / or competitions.

任何曾出外比賽及/或訓練的隊員歸隊後必須填寫健康申報表並交予負責教練。

9. General information of members (e.g. Name, Age, Sex, photo, etc.) may be posted on the website of HKASA for publication purpose.

隊員的一般資料或會上載於香港業餘游泳總會的網頁。

10. Should follow strictly the related Rules & Regulations for Athletes and FINA Rules.

必須遵守泳總所有有關運動員的規則及國際泳聯的條例。

Organizer has jurisdiction over all matters not assigned by the rules above, participants have no objection right on this issue.

主辦機構保留修改本章程的權力，參加者不得異議。

HKASA REGIONAL SWIMMING TRAINING SQUAD

香港業餘游泳總會地區青年游泳訓練組

Squad Member Withdrawal Confirmation Form / 運動員退隊確認表

Name : _____

Registration No. / 註冊編號 : _____

中文姓名 : _____

Club/屬會 : _____

Belonging Region / 所屬地區 : *(Please tick which is appropriate / 請剔所選擇項目)*

Hong Kong Island 香港

Kowloon 九龍

New Territories 新界

Withdrawal Effective Date 退隊生效日期 : _____

Applicant's Signature (Signed by Parent if Age under 18)
申請者簽署(18歲以下人仕由父母簽署)

Name of Signatory in Block Letter
簽署人姓名(請用正楷填寫)

Club Person In Charge's Signature & Authorized Club Chop
屬會負責人簽署及屬會蓋印

Date / 日期

.....
For Official Use only:

Received on: _____

From: _____

Confirmed By : _____

Regional Swimming Training Squad Convener's Signature
地區青年游泳訓練組負責人簽署